



UNITED STATES MARINE CORPS
MARINE CORPS RECRUITING COMMAND
3280 RUSSELL ROAD
QUANTICO, VA 22134-5103

MCRCO 6100
T
28 Jan 00

MARINE CORPS RECRUITING COMMAND ORDER 6100

From: Commanding General
To: Distribution List

Subj: PHYSICAL FITNESS PROGRAM

Ref: (a) MCO 6100.3J
(b) HQBnO 6100.2C
(c) ALMAR 36/97
(d) ALMAR 63/94
(e) ALMAR 369/97
(f) MCO P1610.7E
(g) MCO P1070.12H
(h) HQBnO 6110.2F
(i) MCO 5000.12D

Encl: (1) PFT Score Card
(2) PFT Score Sheet

1. Purpose. To establish policy and guidance for the Marine Corps Recruiting Command (MCRC) Physical Conditioning Program (PCP) which includes Physical Training (PT), Physical Fitness Test (PFT), and the Remedial Physical Conditioning Program (RPCP). This order pertains to personnel stationed at MCRC Headquarters only.

2. Policy

a. References (a) and (b) require the establishment of a program to ensure the PFT is administered semiannually, test results are documented, and daily command supervised RPCP for PFT failures is established.

b. The PFT will be conducted in an organized and professional manner taking into account the number of Marines taking the test, weather conditions, and support available. A properly conducted PFT should last approximately ninety minutes.

3. Conduct of Commander's PCP

a. The PCP provides for individual development through supervised individual efforts. In order to develop the desired level of physical fitness, unit commanders will ensure that a program of three hours per week (minimum) is conducted per reference (a). The program must encompass at least three exercise periods weekly. The minimum desirable length for each exercise period is sixty minutes. The unit commander may authorize shorter periods if dictated by the local training situation.

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b. Assistant Chiefs of Staff (AC/S) may use the normal working day (0730-1630) to satisfy this training requirement. Commanders are authorized to conduct the required physical fitness training during off-duty hours when the mission requirements, work load, personnel status, or other significant factors preclude fulfilling this requirement during duty hours.

c. A successful PCP will include exercises which develop agility, power, speed, reaction time, endurance, and strength. Specific types of exercises that address the aforementioned conditions are listed in reference (a), and will be included in the Command's PCP during PT and RPCP sessions.

4. Conduct of the PFT

a. All PFT testing will be conducted under the supervision of a Headquarters and Service Battalion Representative and on a course certified by the Battalion S-3 Officer. The AC/S, Training will designate representatives to be monitors for MCRC PFTs as required. If sections cannot meet MCRC specific PFT dates due to operational commitments, their PFTs will be monitored directly by Headquarters and Service Battalion at Bldg. 2006 at a time that is conducive to their schedules.

b. The uniform for all PFTs will be green T-shirts over green shorts with white socks. Green sweats are authorized for November through March PFTs. All Marines involved in administering or monitoring PFTs will wear camouflage utilities.

c. Check-in/out

(1) The company will have a check-in roster manned by the company training Noncommissioned Officer (NCO)/Staff Noncommissioned Officer (SNCO). Marines will check in with the company training NCO/SNCO and fill out a PFT Score Card contained in enclosure (1) prior to taking the PFT.

(2) Each Marine is required to verify the scores recorded on his/her PFT card after each PFT event.

(3) Each Marine will see the company training NCO/SNCO to be weighed in after their PFT and to turn in their score cards.

(4) PFT Score Sheets contained in enclosure (2) will immediately be collected after the PFT and given to the S-3 Officer or his representative.

d. Standards

(1) The standards outlined in references (a) and (c) will be maintained during the PFT.

(2) Per reference (d), only the first PFT taken each semiannual

period can be reported. Therefore, each Marine can take the PFT for record only once during each semiannual period.

(3) In accordance with reference (e), effective 1 July 1998, all medically qualified Marines, regardless of age, are required to take the PFT.

(a) All personnel 46 years old and over are required to have a Medical Screening (MS) conducted annually prior to taking the PFT. Medical screenings are current for 12 months only. Medical screenings will be conducted either as part of a physical exam or as a separate PFT medical screening. In both instances, an MS form OPNAV 6110/2 or HQBN 6110/2 will be completed. A Credentials Health Care Provider (CHCP) must complete the MS. The screening will include an evaluation of weight, body fat, blood pressure, and any further testing as deemed appropriate by the CHCP. Medical records will contain entries of completed MS's.

(b) Marines can pick up OPNAV form 6110/2 at the company office.

(c) The Marine will turn in a copy of the completed medical screening OPNAV 6110/2 to the company office or at the check-in table prior to taking the PFT.

(4) In accordance with reference (a), the PFT will consist of the following four events:

- (a) Dead-hang pull-ups (MALE)
Flexed arm hang (FEMALE)
- (b) Crunches (MALE AND FEMALE)
- (c) 3 mile run (MALE AND FEMALE)
- (d) Weigh-in

5. Physical Fitness Test Failures

a. Per paragraph 5001.3d of reference (f), any Sergeant or above who fails the PFT will receive an adverse fitness report (CMC directed or annual if due within 30 days of the PFT). The failing score will be entered in section A of the fitness report, and an entry explaining the failure must be placed in section I.

b. If a Marine who fails the PFT does not have a fitness report due during this semiannual period, the Marine will still receive an adverse report, even if the Marine passes a remedial PFT. The fitness report will list the passing PFT score in section A, but the earlier failing score is a mandatory section I comment, thereby making the report adverse.

c. Any Corporal or below who fails the PFT will have his/her proficiency or conduct marks appropriately reduced per reference (g).

d. Any Marine who fails the PFT will participate in the remedial physical fitness program as outlined in reference (h).

6. Required, But Did Not Take The Physical Fitness Test

a. Marines who are required to take the PFT, but fail to do so will have a mandatory comment of "required but did not take (RDNT)" placed in section A of their fitness report. In addition, an entry must be placed in the section I explaining that the Marine was required to but did not take the semiannual PFT during this period.

b. If a Marine who was "required but did not take" does not have a fitness report due this semiannual period, a section I comment is still mandatory at the end of the next reporting period. The comment will state that the Marine was required to but did not take the PFT during an earlier PFT period.

c. To mark "RDNT" in section A or comments in section I does not automatically make a fitness report adverse. Adverse fitness reports can be given to Marines that are RDNT depending upon the specific circumstances. This is at the discretion of the Marine's reporting senior.

d. Any Corporal or below who is RDNT will have his/her proficiency or conduct marks affected per reference (g).

e. Any Marine who is RDNT will participate in the remedial physical fitness program as outlined in reference (h).

7. PFT Weigh-in

a. All Marines will weigh in on the day they take the PFT. Marines exceeding the Marine Corps' height/weight standards will be measured to determine their body fat percentage. Marines on limited or light duty or who are exempt from taking the PFT are still required to maintain height/weight standards and to weigh in at the company.

b. Marines failing to maintain Marine Corps height/weight standards will be placed on the weight control program. Reference (h) establishes the procedures to place a Marine on weight control. Section A will be completed and appropriate comments made in Section I of the fitness report on the MRO's failure to maintain an acceptable military appearance.

8. PFT Exemptions

a. The following are the only Marines exempt from the PFT:

(1) Marines to be discharged or released from active duty prior to the end of the semiannual period.

(2) Those who have taken a PFT during this period at their last command or formal school. Individuals are responsible to ensure that the PFT score from the last command/school was passed to the company training NCO/SNCO and is entered in the unit diary system.

(3) Those on limited duty for the entire period as a result of a medical board.

(4) Those who are pregnant. These Marines are responsible for providing documentation that they are pregnant to their company. In addition, per reference (i), these Marines must take the PFT within six months of returning to full duty.

b. Marines executing PCS orders must take a PFT during the semiannual period, either here or at their next command.

9. Limited Duty

a. Marines on limited duty for the entire semiannual period as a result of a medical board must inform the company commander before the scheduled PFT date.

b. Per reference (f), a Marine on limited duty for the entire semiannual period will have "not medically qualified (NMED)" placed in the section A of the fitness report. The entry must be explained in section I.

c. Upon being removed from limited duty, a Marine has 30 days to prepare before he or she must take the PFT. If the 30 days carries a Marine through the end of the period, then that Marine is exempt for the whole semiannual period.

10. Light Duty

a. Marines on light duty during the regular PFT session must inform the company commander and provide documentation prior to the PFT.

b. Per reference (b), any Marine on light duty who was exempt from taking all or part of a PFT for temporary medical problems for more than one consecutive semiannual period will be referred to a medical authority for an evaluation. The purpose of this evaluation is to ascertain whether a Marine in this category is qualified/suitable for continued active service.

c. Marines on limited or light duty who opt to disregard the exemption and take all or part of the PFT do so at their own risk. A Marine in this category who fails the test will not be given an alibi. Injured Marines are encouraged not to disregard their exemptions.

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11. Partial PFT

a. Those Marines on limited or light duty who are only excused from participating in a portion of the PFT will take a partial PFT. They must achieve at least the minimum score for the events performed to pass the PFT.

b. Per reference (f), a Marine who takes a partial PFT will have "partial (PART)" placed in section A of the fitness report. The entry must be explained in section I with their PFT score and events completed annotated.

c. Marines in this category must present their medical chit at the check-in table at the PFT.

12. Weather. During inclement weather, the Assistant Chief of Staff, Training, MCRC, will determine whether to cancel or reschedule the PFT on the scheduled PFT dates. Marines may call 784-9424/5 for a determination.

13. Action

a. Division Chiefs/Section Heads

(1) Ensure all personnel are apprised of the requirements to take the PFT during one of the scheduled sessions.

(2) Disseminate final PFT results to appropriate reporting seniors for action per references (f) and (g).

(3) Ensure appropriate section A and section I comments are made in the fitness reports of sergeants and above. Ensure the proficiency and conduct marks of corporals and below reflect their performance on the PFT.

b. Tenant Activities Company (TACO)

(1) Has staff cognizance for this event.

(2) Coordinate the administration of the PFT within the conditions outlined by the Battalion S-3.

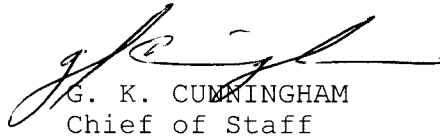
(3) Supervise and provide instructions to monitors regarding the proper method of conducting each event and guidelines surrounding the PFT.

(4) Monitor the Wet Bulb Globe Temperature and take appropriate action.

(5) Disseminate PFT results for each Marine to the Assistant Chief of Staff, Training, MCRC.

c. Assistant Chief of Staff, Training, MCRC

- (1) Coordinate and support all scheduled PFTs with TACO.
- (2) Ensure a medical corpsman and an emergency vehicle is present for all scheduled PFTs.
- (3) Ensure communication is available during the PFT.
- (4) Provide water, paper cups, and trash bags for PFT support.
- (5) Coordinate with Officer Candidates School to utilize its facilities to conduct the PFT on a "port/starboard" basis during each testing period.


G. K. CUMMINGHAM
Chief of Staff

DISTRIBUTION: D

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MCRC PHYSICAL FITNESS TEST SCORECARD		
NAME (Last, First, MI)	RANK	AGE
EVENTS		RESULTS
WEIGHT		
REMARKS		
SNM SIGNATURE		DATE

MCRC PHYSICAL FITNESS TEST		
SECTION		
NAME (Last, First, MI)	RANK	AGE
SS#		
EVENTS	RESULTS	
CRUNCHES		

ENCLOSURE (1)

MCRCO 6100
28 Jan 00

PHYSICAL FITNESS TEST TALLY SHEET

ORGANIZATION		FEMALE		NUMBER TESTED	NUMBER PASSED	REMARKS
MCRC						
AGE GROUP	DATE	OFFICERS				
		SNCO				
INSPECTOR	MONITORS	SGT/BELOW				

[illegible]

ENCLOSURE (2)...

28 Jan 00.

PHYSICAL FITNESS TEST TALLY SHEET

ORGANIZATION		MALE		NUMBER TESTED	NUMBER PASSED	REMARKS
MCRC						
AGE GROUP	DATE	OFFICERS				
		SNCO				
INSPECTOR	MONITORS	SGT/BELOW				

[illegible]

ENCLOSURE (2)



UNITED STATES MARINE CORPS
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Encl: (1) PFT Score Card
(2) PFT Score Sheet

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2. Policy

a. References (a) and (b) require the establishment of a program to ensure the PFT is administered semiannually, test results are documented, and daily command supervised RPCP for PFT failures is established.

b. The PFT will be conducted in an organized and professional manner taking into account the number of Marines taking the test, weather conditions, and support available. A properly conducted PFT should last approximately ninety minutes.

3. Conduct of Commander's PCP

a. The PCP provides for individual development through supervised individual efforts. In order to develop the desired level of physical fitness, unit commanders will ensure that a program of three hours per week (minimum) is conducted per reference (a). The program must encompass at least three exercise periods weekly. The minimum desirable length for each exercise period is sixty minutes. The unit commander may authorize shorter periods if dictated by the local training situation.

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b. Assistant Chiefs of Staff (AC/S) may use the normal working day (0730-1630) to satisfy this training requirement. Commanders are authorized to conduct the required physical fitness training during off-duty hours when the mission requirements, work load, personnel status, or other significant factors preclude fulfilling this requirement during duty hours.

c. A successful PCP will include exercises which develop agility, power, speed, reaction time, endurance, and strength. Specific types of exercises that address the aforementioned conditions are listed in reference (a), and will be included in the Command's PCP during PT and RPCP sessions.

4. Conduct of the PFT

a. All PFT testing will be conducted under the supervision of a Headquarters and Service Battalion Representative and on a course certified by the Battalion S-3 Officer. The AC/S, Training will designate representatives to be monitors for MCRC PFTs as required. If sections cannot meet MCRC specific PFT dates due to operational commitments, their PFTs will be monitored directly by Headquarters and Service Battalion at Bldg. 2006 at a time that is conducive to their schedules.

b. The uniform for all PFTs will be green T-shirts over green shorts with white socks. Green sweats are authorized for November through March PFTs. All Marines involved in administering or monitoring PFTs will wear camouflage utilities.

c. Check-in/out

(1) The company will have a check-in roster manned by the company training Noncommissioned Officer (NCO)/Staff Noncommissioned Officer (SNCO). Marines will check in with the company training NCO/SNCO and fill out a PFT Score Card contained in enclosure (1) prior to taking the PFT.

(2) Each Marine is required to verify the scores recorded on his/her PFT card after each PFT event.

(3) Each Marine will see the company training NCO/SNCO to be weighed in after their PFT and to turn in their score cards.

(4) PFT Score Sheets contained in enclosure (2) will immediately be collected after the PFT and given to the S-3 Officer or his representative.

d. Standards

(1) The standards outlined in references (a) and (c) will be maintained during the PFT.

(2) Per reference (d), only the first PFT taken each semiannual

period can be reported. Therefore, each Marine can take the PFT for record only once during each semiannual period.

(3) In accordance with reference (e), effective 1 July 1998, all medically qualified Marines, regardless of age, are required to take the PFT.

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(b) Marines can pick up OPNAV form 6110/2 at the company office.

(c) The Marine will turn in a copy of the completed medical screening OPNAV 6110/2 to the company office or at the check-in table prior to taking the PFT.

(4) In accordance with reference (a), the PFT will consist of the following four events:

- (a) Dead-hang pull-ups (MALE)
Flexed arm hang (FEMALE)
- (b) Crunches (MALE AND FEMALE)
- (c) 3 mile run (MALE AND FEMALE)
- (d) Weigh-in

5. Physical Fitness Test Failures

a. Per paragraph 5001.3d of reference (f), any Sergeant or above who fails the PFT will receive an adverse fitness report (CMC directed or annual if due within 30 days of the PFT). The failing score will be entered in section A of the fitness report, and an entry explaining the failure must be placed in section I.

b. If a Marine who fails the PFT does not have a fitness report due during this semiannual period, the Marine will still receive an adverse report, even if the Marine passes a remedial PFT. The fitness report will list the passing PFT score in section A, but the earlier failing score is a mandatory section I comment, thereby making the report adverse.

c. Any Corporal or below who fails the PFT will have his/her proficiency or conduct marks appropriately reduced per reference (g).

d. Any Marine who fails the PFT will participate in the remedial physical fitness program as outlined in reference (h).

6. Required, But Did Not Take The Physical Fitness Test

a. Marines who are required to take the PFT, but fail to do so will have a mandatory comment of "required but did not take (RDNT)" placed in section A of their fitness report. In addition, an entry must be placed in the section I explaining that the Marine was required to but did not take the semiannual PFT during this period.

b. If a Marine who was "required but did not take" does not have a fitness report due this semiannual period, a section I comment is still mandatory at the end of the next reporting period. The comment will state that the Marine was required to but did not take the PFT during an earlier PFT period.

c. To mark "RDNT" in section A or comments in section I does not automatically make a fitness report adverse. Adverse fitness reports can be given to Marines that are RDNT depending upon the specific circumstances. This is at the discretion of the Marine's reporting senior.

d. Any Corporal or below who is RDNT will have his/her proficiency or conduct marks affected per reference (g).

e. Any Marine who is RDNT will participate in the remedial physical fitness program as outlined in reference (h).

7. PFT Weigh-in

a. All Marines will weigh in on the day they take the PFT. Marines exceeding the Marine Corps' height/weight standards will be measured to determine their body fat percentage. Marines on limited or light duty or who are exempt from taking the PFT are still required to maintain height/weight standards and to weigh in at the company.

b. Marines failing to maintain Marine Corps height/weight standards will be placed on the weight control program. Reference (h) establishes the procedures to place a Marine on weight control. Section A will be completed and appropriate comments made in Section I of the fitness report on the MRO's failure to maintain an acceptable military appearance.

8. PFT Exemptions

a. The following are the only Marines exempt from the PFT:

(1) Marines to be discharged or released from active duty prior to the end of the semiannual period.

(2) Those who have taken a PFT during this period at their last command or formal school. Individuals are responsible to ensure that the PFT score from the last command/school was passed to the company training NCO/SNCO and is entered in the unit diary system.

(3) Those on limited duty for the entire period as a result of a medical board.

(4) Those who are pregnant. These Marines are responsible for providing documentation that they are pregnant to their company. In addition, per reference (i), these Marines must take the PFT within six months of returning to full duty.

b. Marines executing PCS orders must take a PFT during the semiannual period, either here or at their next command.

9. Limited Duty

a. Marines on limited duty for the entire semiannual period as a result of a medical board must inform the company commander before the scheduled PFT date.

b. Per reference (f), a Marine on limited duty for the entire semiannual period will have "not medically qualified (NMED)" placed in the section A of the fitness report. The entry must be explained in section I.

c. Upon being removed from limited duty, a Marine has 30 days to prepare before he or she must take the PFT. If the 30 days carries a Marine through the end of the period, then that Marine is exempt for the whole semiannual period.

10. Light Duty

a. Marines on light duty during the regular PFT session must inform the company commander and provide documentation prior to the PFT.

b. Per reference (b), any Marine on light duty who was exempt from taking all or part of a PFT for temporary medical problems for more than one consecutive semiannual period will be referred to a medical authority for an evaluation. The purpose of this evaluation is to ascertain whether a Marine in this category is qualified/suitable for continued active service.

c. Marines on limited or light duty who opt to disregard the exemption and take all or part of the PFT do so at their own risk. A Marine in this category who fails the test will not be given an alibi. Injured Marines are encouraged not to disregard their exemptions.

11. Partial PFT

a. Those Marines on limited or light duty who are only excused from participating in a portion of the PFT will take a partial PFT. They must achieve at least the minimum score for the events performed to pass the PFT.

b. Per reference (f), a Marine who takes a partial PFT will have "partial (PART)" placed in section A of the fitness report. The entry must be explained in section I with their PFT score and events completed annotated.

c. Marines in this category must present their medical chit at the check-in table at the PFT.

12. Weather. During inclement weather, the Assistant Chief of Staff, Training, MCRC, will determine whether to cancel or reschedule the PFT on the scheduled PFT dates. Marines may call 784-9424/5 for a determination.

13. Action

a. Division Chiefs/Section Heads

(1) Ensure all personnel are apprised of the requirements to take the PFT during one of the scheduled sessions.

(2) Disseminate final PFT results to appropriate reporting seniors for action per references (f) and (g).

(3) Ensure appropriate section A and section I comments are made in the fitness reports of sergeants and above. Ensure the proficiency and conduct marks of corporals and below reflect their performance on the PFT.

b. Tenant Activities Company (TACO)

(1) Has staff cognizance for this event.

(2) Coordinate the administration of the PFT within the conditions outlined by the Battalion S-3.

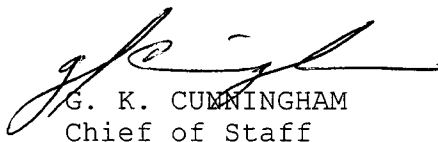
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c. Assistant Chief of Staff, Training, MCRC

- (1) Coordinate and support all scheduled PFTs with TACO.
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G. K. CUNNINGHAM
Chief of Staff

DISTRIBUTION: D

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MCRC PHYSICAL FITNESS-TEST SCORECARD		
NAME (Last, First, MI)	RANK	AGE
EVENTS		RESULTS
WEIGHT		
REMARKS		
SNM SIGNATURE		DATE

MCRC PHYSICAL FITNESS TEST		
SECTION		
NAME (Last, First, MI)	RANK	AGE
SS#		
EVENTS	RESULTS	
CRUNCHES		

ENCLOSURE (1)

MCRCO 6100
28 Jan 00

PHYSICAL FITNESS TEST TALLY SHEET

ORGANIZATION		FEMALE		NUMBER TESTED	NUMBER PASSED	REMARKS
MCRC						
AGE GROUP	DATE	OFFICERS				
		SNCO				
INSPECTOR	MONITORS	SGT/BELOW				

[illegible]

ENCLOSURE (2)...

28 Jan 00.

PHYSICAL FITNESS TEST TALLY SHEET

ORGANIZATION		MALE		NUMBER TESTED	NUMBER PASSED	REMARKS
MCRC						
AGE GROUP	DATE	OFFICERS				
		SNCO				
INSPECTOR	MONITORS	SGT/BELOW				

[illegible]

ENCLOSURE (2)



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(1) The standards outlined in references (a) and (c) will be maintained during the PFT.

(2) Per reference (d), only the first PFT taken each semiannual

period can be reported. Therefore, each Marine can take the PFT for record only once during each semiannual period.

(3) In accordance with reference (e), effective 1 July 1998, all medically qualified Marines, regardless of age, are required to take the PFT.

(a) All personnel 46 years old and over are required to have a Medical Screening (MS) conducted annually prior to taking the PFT. Medical screenings are current for 12 months only. Medical screenings will be conducted either as part of a physical exam or as a separate PFT medical screening. In both instances, an MS form OPNAV 6110/2 or HQBN 6110/2 will be completed. A Credentials Health Care Provider (CHCP) must complete the MS. The screening will include an evaluation of weight, body fat, blood pressure, and any further testing as deemed appropriate by the CHCP. Medical records will contain entries of completed MS's.

(b) Marines can pick up OPNAV form 6110/2 at the company office.

(c) The Marine will turn in a copy of the completed medical screening OPNAV 6110/2 to the company office or at the check-in table prior to taking the PFT.

(4) In accordance with reference (a), the PFT will consist of the following four events:

- (a) Dead-hang pull-ups (MALE)
Flexed arm hang (FEMALE)
- (b) Crunches (MALE AND FEMALE)
- (c) 3 mile run (MALE AND FEMALE)
- (d) Weigh-in

5. Physical Fitness Test Failures

a. Per paragraph 5001.3d of reference (f), any Sergeant or above who fails the PFT will receive an adverse fitness report (CMC directed or annual if due within 30 days of the PFT). The failing score will be entered in section A of the fitness report, and an entry explaining the failure must be placed in section I.

b. If a Marine who fails the PFT does not have a fitness report due during this semiannual period, the Marine will still receive an adverse report, even if the Marine passes a remedial PFT. The fitness report will list the passing PFT score in section A, but the earlier failing score is a mandatory section I comment, thereby making the report adverse.

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28 Jan 00

c. Any Corporal or below who fails the PFT will have his/her proficiency or conduct marks appropriately reduced per reference (g).

d. Any Marine who fails the PFT will participate in the remedial physical fitness program as outlined in reference (h).

6. Required, But Did Not Take The Physical Fitness Test

a. Marines who are required to take the PFT, but fail to do so will have a mandatory comment of "required but did not take (RDNT)" placed in section A of their fitness report. In addition, an entry must be placed in the section I explaining that the Marine was required to but did not take the semiannual PFT during this period.

b. If a Marine who was "required but did not take" does not have a fitness report due this semiannual period, a section I comment is still mandatory at the end of the next reporting period. The comment will state that the Marine was required to but did not take the PFT during an earlier PFT period.

c. To mark "RDNT" in section A or comments in section I does not automatically make a fitness report adverse. Adverse fitness reports can be given to Marines that are RDNT depending upon the specific circumstances. This is at the discretion of the Marine's reporting senior.

d. Any Corporal or below who is RDNT will have his/her proficiency or conduct marks affected per reference (g).

e. Any Marine who is RDNT will participate in the remedial physical fitness program as outlined in reference (h).

7. PFT Weigh-in

a. All Marines will weigh in on the day they take the PFT. Marines exceeding the Marine Corps' height/weight standards will be measured to determine their body fat percentage. Marines on limited or light duty or who are exempt from taking the PFT are still required to maintain height/weight standards and to weigh in at the company.

b. Marines failing to maintain Marine Corps height/weight standards will be placed on the weight control program. Reference (h) establishes the procedures to place a Marine on weight control. Section A will be completed and appropriate comments made in Section I of the fitness report on the MRO's failure to maintain an acceptable military appearance.

8. PFT Exemptions

a. The following are the only Marines exempt from the PFT:

(1) Marines to be discharged or released from active duty prior to the end of the semiannual period.

(2) Those who have taken a PFT during this period at their last command or formal school. Individuals are responsible to ensure that the PFT score from the last command/school was passed to the company training NCO/SNCO and is entered in the unit diary system.

(3) Those on limited duty for the entire period as a result of a medical board.

(4) Those who are pregnant. These Marines are responsible for providing documentation that they are pregnant to their company. In addition, per reference (i), these Marines must take the PFT within six months of returning to full duty.

b. Marines executing PCS orders must take a PFT during the semiannual period, either here or at their next command.

9. Limited Duty

a. Marines on limited duty for the entire semiannual period as a result of a medical board must inform the company commander before the scheduled PFT date.

b. Per reference (f), a Marine on limited duty for the entire semiannual period will have "not medically qualified (NMED)" placed in the section A of the fitness report. The entry must be explained in section I.

c. Upon being removed from limited duty, a Marine has 30 days to prepare before he or she must take the PFT. If the 30 days carries a Marine through the end of the period, then that Marine is exempt for the whole semiannual period.

10. Light Duty

a. Marines on light duty during the regular PFT session must inform the company commander and provide documentation prior to the PFT.

b. Per reference (b), any Marine on light duty who was exempt from taking all or part of a PFT for temporary medical problems for more than one consecutive semiannual period will be referred to a medical authority for an evaluation. The purpose of this evaluation is to ascertain whether a Marine in this category is qualified/suitable for continued active service.

c. Marines on limited or light duty who opt to disregard the exemption and take all or part of the PFT do so at their own risk. A Marine in this category who fails the test will not be given an alibi. Injured Marines are encouraged not to disregard their exemptions.

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11. Partial PFT

a. Those Marines on limited or light duty who are only excused from participating in a portion of the PFT will take a partial PFT. They must achieve at least the minimum score for the events performed to pass the PFT.

b. Per reference (f), a Marine who takes a partial PFT will have "partial (PART)" placed in section A of the fitness report. The entry must be explained in section I with their PFT score and events completed annotated.

c. Marines in this category must present their medical chit at the check-in table at the PFT.

12. Weather. During inclement weather, the Assistant Chief of Staff, Training, MCRC, will determine whether to cancel or reschedule the PFT on the scheduled PFT dates. Marines may call 784-9424/5 for a determination.

13. Action

a. Division Chiefs/Section Heads

(1) Ensure all personnel are apprised of the requirements to take the PFT during one of the scheduled sessions.

(2) Disseminate final PFT results to appropriate reporting seniors for action per references (f) and (g).

(3) Ensure appropriate section A and section I comments are made in the fitness reports of sergeants and above. Ensure the proficiency and conduct marks of corporals and below reflect their performance on the PFT.

b. Tenant Activities Company (TACO)

(1) Has staff cognizance for this event.

(2) Coordinate the administration of the PFT within the conditions outlined by the Battalion S-3.

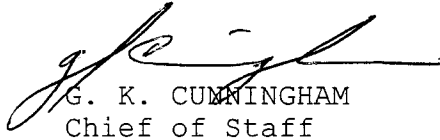
(3) Supervise and provide instructions to monitors regarding the proper method of conducting each event and guidelines surrounding the PFT.

(4) Monitor the Wet Bulb Globe Temperature and take appropriate action.

(5) Disseminate PFT results for each Marine to the Assistant Chief of Staff, Training, MCRC.

c. Assistant Chief of Staff, Training, MCRC

- (1) Coordinate and support all scheduled PFTs with TACO.
- (2) Ensure a medical corpsman and an emergency vehicle is present for all scheduled PFTs.
- (3) Ensure communication is available during the PFT.
- (4) Provide water, paper cups, and trash bags for PFT support.
- (5) Coordinate with Officer Candidates School to utilize its facilities to conduct the PFT on a "port/starboard" basis during each testing period.


G. K. CUMMINGHAM
Chief of Staff

DISTRIBUTION: D

MCRCO 6100
28 Jan 00

MCRC PHYSICAL FITNESS TEST SCORECARD			
NAME (Last, First, MI)		RANK	AGE
EVENTS		RESULTS	
WEIGHT			
REMARKS			
SNM SIGNATURE		DATE	

MCRC PHYSICAL FITNESS TEST			
SECTION			
NAME (Last, First, MI)		RANK	AGE
SS#			
EVENTS		RESULTS	
CRUNCHES			

ENCLOSURE (1)

MCRCO 6100
28 Jan 00

PHYSICAL FITNESS TEST TALLY SHEET

[illegible]

ENCLOSURE (2)

28 Jan 00

PHYSICAL FITNESS TEST TALLY SHEET

ORGANIZATION MCRC			MALE	NUMBER TESTED	NUMBER PASSED	REMARKS
AGE GROUP	DATE	OFFICERS				
		SNCO				
INSPECTOR	MONITORS	SGT/BELOW				

[illegible]

ENCLOSURE (2)



UNITED STATES MARINE CORPS

MARINE CORPS RECRUITING COMMAND
3280 RUSSELL ROAD
QUANTICO VA 22134-5103

MCRCO 6100

T

25 Jan 00

MARINE CORPS RECRUITING COMMAND ORDER 6100

From: Commanding General
To: Distribution List

Subj: PHYSICAL FITNESS PROGRAM

Ref: (a) MCO 6100.3J
(b) HQBnO 6100.2C
(c) ALMAR 36/97
(d) ALMAR 63/94
(e) ALMAR 369/97
(f) MCO P1610.7E
(g) MCO P1070.12H
(h) HQBnO 6110.2F
(i) MCO 5000.12D

Encl: (1) PFT Score Card
(2) PFT Score Sheet

1. Purpose. To establish policy and guidance for the (MCRCO) ~~SP~~ out Physical Conditioning Program (PCP) which includes Physical Training (PT), Physical Fitness Test (PFT), and the Remedial Physical Conditioning Program (RPCP). This order pertains to personnel stationed at MCRCO Headquarters only.

2. Policy

a. References (a) and (b) require the establishment of a program to ensure the PFT is administered semiannually, test results are documented, and daily command supervised RPCP for PFT failures is established.

b. The PFT will be conducted in an organized and professional manner taking into account the number of Marines taking the test, weather conditions, and support available. A properly conducted PFT should last approximately ninety minutes.

3. Conduct of Commander's PCP ~~WSP~~

a. The PCP provides for individual development through supervised individual efforts. In order to develop the desired level of physical fitness, unit commanders will ensure that a program of three hours per week (minimum) is conducted per reference (a). The program must encompass at least three

exercise periods weekly. The minimum desirable length for each exercise period is sixty minutes. The unit commander may authorize shorter periods if dictated by the local training situation.

(AC/S)

b. Assistant Chiefs of Staff may use the normal working day (0730-1630) to satisfy this training requirement. Commanders are authorized to conduct the required physical fitness training during off-duty hours when the mission requirements, work load, personnel status, or other significant factors preclude fulfilling this requirement during duty hours.

c. A successful PCP will include exercises which develop agility, power, speed, reaction time, endurance, and strength. Specific types of exercises that address the aforementioned conditions are listed in reference (a), and will be included in the Command's PCP during PT and RPCP sessions.

4. Conduct of the PFT

a. All PFT testing will be conducted under the supervision of a Headquarters and Service Battalion Representative and on a course certified by the Battalion S-3 Officer. The Assistant Chief of Staff for Training will designate representatives to be monitors for MCRC PFTs as required. If sections cannot meet MCRC specific PFT dates due to operational commitments, their PFTs will be monitored directly by Headquarters and Service Battalion at Bldg. 2006 at a time that is conducive to their schedules. (AC/S)

b. The uniform for all PFTs will be green T-shirts over green shorts with white socks. Green sweats are authorized for November through March PFTs. All Marines involved in administering or monitoring PFTs will wear camouflage utilities.

c. Check-in/out

SPOT

(1) The company will have a check-in roster manned by the company training NCO/SNCO. Marines will check in with the company training NCO/SNCO and fill out a PFT Score Card (enclosure 1) prior to taking the PFT.

(2) Each Marine is required to verify the scores recorded on his/her PFT card after each PFT event.

(3) Each Marine will see the company training NCO/SNCO to be weighed in after their PFT and to turn in their score cards.

(4) PFT Score Sheets (enclosure 2) will immediately be collected after the PFT and given to the S-3 Officer or his representative.

d. Standards

(1) The standards outlined in references (a) and (c) will be maintained during the PFT.

(2) Per reference (d), only the first PFT taken each semiannual period can be reported. Therefore, each Marine can take the PFT for record only once during each semiannual period.

(3) In accordance with reference (e), effective 1 July 1998, all medically qualified Marines, regardless of age, are required to take the PFT.

(a) All personnel 46 years old and over are required to have a Medical Screening (MS) conducted annually prior to taking the PFT. Medical screenings are current for 12 months only. Medical screenings will be conducted either as part of a physical exam or as a separate PFT medical screening. In both instances, an MS form OPNAV 6110/2 or HQBN 6110/2 will be completed. A Credentials Health Care Provider (CHCP) must complete the MS. The screening will include an evaluation of weight, body fat, blood pressure, and any further testing as deemed appropriate by the CHCP. Medical records will contain entries of completed MS's.

(b) Marines can pick up OPNAV form 6110/2 at the company office.

(c) The Marine will turn in a copy of the completed medical screening OPNAV 6110/2 to the company office or at the check-in table prior to taking the PFT.

(4) In accordance with reference (a), the PFT will consist of the following four events:

- (a) Dead-hang pull-ups (MALE)
Flexed arm hang (FEMALE)
- (b) Crunches (MALE AND FEMALE)
- (c) 3 mile run (MALE AND FEMALE)
- (d) Weigh-in

5. Physical Fitness Test Failures

a. Per paragraph 5001.3d of reference (f), any Sergeant or above who fails the PFT will receive an adverse fitness report (CMC directed or annual if due within 30 days of the PFT). The failing score will be entered in section A of the fitness report, and an entry explaining the failure must be placed in section I.

b. If a Marine who fails the PFT does not have a fitness report due during this semiannual period, the Marine will still receive an adverse report, even if the Marine passes a remedial PFT. The fitness report will list the passing PFT score in section A, but the earlier failing score is a mandatory section I comment, thereby making the report adverse.

c. Any Corporal or below who fails the PFT will have his/her proficiency or conduct marks appropriately reduced per reference (g).

d. Any Marine who fails the PFT will participate in the remedial physical fitness program as outlined in reference (h).

6. Required, But Did Not Take The Physical Fitness Test

a. Marines who are required to take the PFT, but fail to do so will have a mandatory comment of "required but did not take (RDNT)" placed in section A of their fitness report. In addition, an entry must be placed in the section I explaining that the Marine was required to but did not take the semiannual PFT during this period.

b. If a Marine who was "required but did not take" does not have a fitness report due this semiannual period, a section I comment is still mandatory at the end of the next reporting period. The comment will state that the Marine was required to but did not take the PFT during an earlier PFT period.

c. To mark "RDNT" in section A or comments in section I does not automatically make a fitness report adverse. Adverse fitness reports can be given to Marines that are RDNT depending upon the specific circumstances. This is at the discretion of the Marine's reporting senior.

d. Any Corporal or below who is RDNT will have his/her proficiency or conduct marks affected per reference (g).

e. Any Marine who is RDNT will participate in the remedial physical fitness program as outlined in reference (h).

7. PFT Weigh-in

a. All Marines will weigh in on the day they take the PFT. Marines exceeding the Marine Corps' height/weight standards will be measured to determine their body fat percentage. Marines on limited or light duty or who are exempt from taking the PFT are still required to maintain height/weight standards and to weigh in at the company.

b. Marines failing to maintain Marine Corps height/weight standards will be placed on the weight control program. Reference (h) establishes the procedures to place a Marine on weight control. Section A will be completed and appropriate comments made in Section I of the fitness report on the MRO's failure to maintain an acceptable military appearance.

8. PFT Exemptions

a. The following are the only Marines exempt from the PFT:

(1) Marines to be discharged or released from active duty prior to the end of the semiannual period.

(2) Those who have taken a PFT during this period at their last command or formal school. Individuals are responsible to ensure that the PFT score from the last command/school was passed to the company training NCO/SNCO and is entered in the unit diary system.

(3) Those on limited duty for the entire period as a result of a medical board.

(4) Those who are pregnant. These Marines are responsible for providing documentation that they are pregnant to their company. In addition, per reference (i), these Marines must take the PFT within six months of returning to full duty.

b. Marines executing PCS orders must take a PFT during the semiannual period, either here or at their next command.

9. Limited Duty

a. Marines on limited duty for the entire semiannual period as a result of a medical board must inform the company commander before the scheduled PFT date.

b. Per reference (f), a Marine on limited duty for the entire semiannual period will have "not medically qualified (NMED)" placed in the section A of the fitness report. The entry must be explained in section I.

c. Upon being removed from limited duty, a Marine has 30 days to prepare before he or she must take the PFT. If the 30 days carries a Marine through the end of the period, then that Marine is exempt for the whole semiannual period.

10. Light Duty

a. Marines on light duty during the regular PFT session must inform the company commander and provide documentation prior to

the PFT.

b. Per reference (b), any Marine on light duty who was exempt from taking all or part of a PFT for temporary medical problems for more than one consecutive semiannual period will be referred to a medical authority for an evaluation. The purpose of this evaluation is to ascertain whether a Marine in this category is qualified/suitable for continued active service.

c. Marines on limited or light duty who opt to disregard the exemption and take all or part of the PFT do so at their own risk. A Marine in this category who fails the test will not be given an alibi. Injured Marines are encouraged not to disregard their exemptions.

11. Partial PFT

a. Those Marines on limited or light duty who are only excused from participating in a portion of the PFT will take a partial PFT. They must achieve at least the minimum score for the events performed to pass the PFT.

b. Per reference (f), a Marine who takes a partial PFT will have "partial (PART)" placed in section A of the fitness report. The entry must be explained in section I with their PFT score and events completed annotated.

c. Marines in this category must present their medical chit at the check-in table at the PFT.

12. Weather. During inclement weather, the Assistant Chief of Staff, Training, MCRC, will determine whether to cancel or reschedule the PFT on the scheduled PFT dates. Marines may call 784-9424/5 for a determination.

13. Action

a. Division Chiefs/Section Heads

(1) Ensure all personnel are apprised of the requirements to take the PFT during one of the scheduled sessions.

(2) Disseminate final PFT results to appropriate reporting seniors for action per references (f) and (g).


(3) Ensure appropriate section A and section I comments are made in the fitness reports of sergeants and above. Ensure the proficiency and conduct marks of corporals and below reflect their performance on the PFT.

b. Tenant Activities Company (TACO)

- (1) Has staff cognizance for this event.
- (2) Coordinate the administration of the PFT within the conditions outlined by the Battalion S-3.
- (3) Supervise and provide instructions to monitors regarding the proper method of conducting each event and guidelines surrounding the PFT.
- (4) Monitor the Wet Bulb Globe Temperature and take appropriate action.
- (5) Disseminate PFT results for each Marine to the Assistant Chief of Staff, Training, MCRC.

c. Assistant Chief of Staff, Training, MCRC

- (1) Coordinate and support all scheduled PFTs with TACO.
- (2) Ensure a medical corpsman and an emergency vehicle is present for all scheduled PFTs.
- (3) Ensure communication is available during the PFT.
- (4) Provide water, paper cups, and trash bags for PFT support.
- (5) Coordinate with Officer Candidates School to utilize its facilities to conduct the PFT on a "port/starboard" basis during each testing period.


G. K. CUNNINGHAM
Chief of Staff

DISTRIBUTION: D

MCRC PHYSICAL FITNESS TEST SCORECARD

NAME (Last, First, MI)		RANK	AGE
EVENTS		RESULTS	
HEIGHT			
WEIGHT			
BODY MASS INDEX (BMI)			
REMARKS			
SNM SIGNATURE		DATE	

MCRC PHYSICAL FITNESS TEST		
SECTION		
NAME (Last, First, MI)	RANK	AGE
SS#		
EVENTS	RESULTS	
PUSH-UPS / FLEXED ARM HANG		
CRUNCHES		
1000 YD RUN		

ORGANIZATION MCRC		MALE		NUMBER TESTED	NUMBER PASSED	REMARKS
AGE GROUP	DATE	OFFICERS				
		SNCO				
INSPECTOR	MONITORS	SGT/BELOW				

[illegible]